



**SPEEDO NSW STATE AGE
SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE
26 - 28 AUGUST, 2016**

Session 1				
Friday 26 August 3pm				
B	G			
1	2	12 yrs/U	200m	Individual Medley
3	4	13 yrs	200m	Individual Medley
5	6	14 yrs	200m	Individual Medley
7	8	15 yrs	200m	Individual Medley
9	10	16 yrs	200m	Individual Medley
11	12	17/18 yrs	200m	Individual Medley
13	14	18 yrs/U	400m	Freestyle
15	16	12 yrs	100m	Breaststroke
17	18	13 yrs	100m	Breaststroke
19	20	14 yrs	100m	Breaststroke
21	22	15 yrs	100m	Breaststroke
23	24	16 yrs	100m	Breaststroke
25	26	17/18 yrs	100m	Breaststroke

Session 2					Session 3				
Saturday 27 August 9:00am					Saturday 27 August, Not before 12:30pm				
B	G				B	G			
27	28	10 yrs/U	50m	Freestyle	63	64	18 yrs/U	4x50m	Medley Relay
29	30	11 yrs	100m	Butterfly	65	66	18 yrs/U	400m	Individual Medley
31	32	12 yrs/U	200m	Backstroke	67	68	10 yrs/U	100m	Freestyle
33	34	13 yrs	100m	Freestyle	69	70	11 yrs	50m	Butterfly
35	36	14 yrs	200m	Freestyle	71	72	12 yrs	50m	Freestyle
37	38	15 yrs	100m	Butterfly	73	74	13 yrs	200m	Butterfly
39	40	16 yrs	200m	Backstroke	75	76	14 yrs	100m	Backstroke
41	42	17/18 yrs	100m	Freestyle	77	78	15 yrs	200m	Breaststroke
43	44	10 yrs/U	100m	Backstroke	79	80	16 yrs	50m	Freestyle
45	46	11 yrs	50m	Breaststroke	81	82	17/18 yrs	200m	Butterfly
47	48	12 yrs	100m	Freestyle	83	84	10 yrs/U	50m	Backstroke
49	50	13 yrs	200m	Freestyle	85	86	11 yrs	100m	Breaststroke
51	52	14 yrs	100m	Butterfly	87	88	12 yrs/U	200m	Butterfly
53	54	15 yrs	200m	Backstroke	89	90	13 yrs	100m	Backstroke
55	56	16 yrs	100m	Freestyle	91	92	14 yrs	200m	Breaststroke
57	58	17/18 yrs	200m	Freestyle	93	94	15 yrs	50m	Freestyle
59	60	15 yrs/U	4x50m	Freestyle Relay	95	96	16 yrs	200m	Butterfly
61	62	12 yrs/U	4x50m	Medley Relay	97	98	17/18 yrs	100m	Backstroke
					99	100	12 yrs/U	4x50m	Freestyle Relay

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Session 4					Session 5				
Sunday 28 August 9:00am					Sunday 28 August, Not before 12:30pm				
B	G				B	G			
101	102	10yrs/U	50m	Butterfly	135	136	18 yrs/U	4x50m	Freestyle Relay
103	104	11 yrs	100m	Freestyle	137	138	10 yrs/U	100m	Butterfly
105	106	12 yrs	100m	Backstroke	139	140	11 yrs	50m	Freestyle
107	108	13 yrs	200m	Breaststroke	141	142	12 yrs/U	200m	Freestyle
109	110	14 yrs	50m	Freestyle	143	144	13 yrs	100m	Butterfly
111	112	15 yrs	100m	Backstroke	145	146	14 yrs	200m	Backstroke
113	114	16 yrs	100m	Backstroke	147	148	15 yrs	100m	Freestyle
115	116	17/18 yrs	50m	Freestyle	149	150	16 yrs	200m	Freestyle
117	118	10yrs/U	100m	Breaststroke	151	152	17/18 yrs	100m	Butterfly
119	120	11 yrs	50m	Backstroke	153	154	10 yrs/U	50m	Breaststroke
121	122	12 yrs/U	200m	Breaststroke	155	156	11 yrs	100m	Backstroke
123	124	13 yrs	50m	Freestyle	157	158	12 yrs	100m	Butterfly
125	126	14 yrs	200m	Butterfly	159	160	13 yrs	200m	Backstroke
127	128	15 yrs	200m	Butterfly	161	162	14 yrs	100m	Freestyle
129	130	16 yrs	200m	Breaststroke	163	164	15 yrs	200m	Freestyle
131	132	17/18yrs	200m	Breaststroke	165	166	16 yrs	100m	Butterfly
133	134	15 yrs/U	4x50m	Medley Relay	167	168	17/18 yrs	200m	Backstroke

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- In events 13, 14, 65 & 66, 400 Individual Medley and Freestyle; Medals will be awarded in the following age groups: 13yrs & Under, 14yrs, 15yrs, 16yrs, and 17/18yrs.
- A swimmer may only appear in one (1) relay team list for that event.
- A club may enter no more than two (2) teams per relay event.
- Where a club enters two (2) teams both teams may score points provided the qualifying time has been met.

Club Relay Qualifying Times

Men & Boys		18yrs & Under	15yrs & Under	12yrs & Under
FREESTYLE	4x50m	1.57.50	2.02.50	2.05.00
MEDLEY	4x50m	2.15.00	2.22.50	2.30.00
Women & Girls		18yrs & Under	15yrs & Under	12yrs & Under
FREESTYLE	4x50m	2.00.00	2.05.00	2.05.00
MEDLEY	4x50m	2.28.00	2.28.00	2.30.00



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Qualifying Times - Men & Boys

		17/18yrs	16yrs	15yrs	14yrs	13yrs	12yrs	11yrs	10yrs/U
FREESTYLE	50m	25.90	26.00	26.30	26.70	28.00	29.90	31.20	33.50
	100m	56.00	56.00	56.80	59.00	1.00.50	1.05.00	1.09.00	1.13.50
	200m	2.02.00	2.03.00	2.05.00	2.09.00	2.13.00	12/Under 2.22.40		
	400m	4.25.00	4.25.00	4.30.00	4.30.00	13yrs/Under 4.44.00			
BACKSTROKE	50m							37.00	39.20
	100m	1.04.50	1.05.50	1.05.50	1.07.00	1.10.00	1.14.00	1.19.50	1.25.00
	200m	2.22.80	2.23.00	2.26.00	2.29.00	2.33.00	12/Under 2.42.00		
BREASTSTROKE	50m							42.00	45.50
	100m	1.12.20	1.15.00	1.15.00	1.17.00	1.20.00	1.26.00	1.32.00	1.39.00
	200m	2.39.00	2.43.00	2.45.00	2.49.00	2.55.00	12/Under 3.02.00		
BUTTERFLY	50m							35.00	38.00
	100m	1.01.50	1.04.00	1.04.00	1.06.00	1.09.00	1.14.50	1.21.00	1.27.50
	200m	2.21.00	2.24.00	2.27.00	2.35.00	2.37.00	12/Under 2.46.00		
INDIVIDUAL MEDLEY	200m	2.18.00	2.20.00	2.20.00	2.24.50	2.30.00	12/Under 2.39.50		
	400m	4.50.00	4.55.00	4.55.00	5.00.00	13/Under 5.10.00			

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Qualifying Times - Women & Girls

		17/18yrs	16yrs	15yrs	14yrs	13yrs	12yrs	11yrs	10yrs/U
FREESTYLE	50m	28.60	28.70	28.80	28.90	29.50	30.30	31.40	33.60
	100m	1.02.80	1.02.00	1.02.50	1.02.50	1.03.50	1.05.50	1.09.00	1.14.00
	200m	2.15.00	2.16.00	2.16.50	2.15.00	2.18.00	12/under 2.22.50		
	400m	4.48.00	4.48.00	4.48.00	4.48.00	13yrs/Under 4.55.00			
BACKSTROKE	50m							37.00	39.40
	100m	1.11.70	1.12.00	1.12.00	1.12.00	1.12.00	1.14.50	1.19.50	1.25.50
	200m	2.32.50	2.33.00	2.34.50	2.35.50	2.36.90	12/Under 2.42.50		
BREASTSTROKE	50m							42.00	45.50
	100m	1.22.00	1.22.10	1.22.10	1.21.00	1.24.00	1.26.00	1.31.00	1.39.00
	200m	2.54.00	2.55.00	2.57.00	2.56.50	3.01.00	12/Under 3.07.50		
BUTTERFLY	50m							35.50	37.50
	100m	1.11.00	1.11.00	1.11.00	1.11.00	1.12.50	1.14.50	1.21.50	1.29.00
	200m	2.35.50	2.35.50	2.36.00	2.38.00	2.40.00	12/Under 2.50.00		
INDIVIDUAL MEDLEY	200m	2.33.00	2.33.00	2.33.00	2.33.00	2.35.40	12/under 2.41.00		
	400m	5.15.00	5.15.00	5.20.00	5.20.00	13/Under 5.20.00			

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